AEHA

Printed on Recycled Paper

© AEHA 1992

The Environment and Human Health

Symptoms that have been known to develop through contact with common things in the environment have included:

EYES: itching, redness, watering, puffiness, some visual problems, infections

EARS: itching, ringing, redness of lobes, frequent infections, ear aches

NOSE/SINUSES: running, sneezing, irritation, blockage, stuffiness

MOUTH: metallic taste, dryness, excess saliva

THROAT: irritation, hoarseness, mucous, some voice problems, frequent infections

LUNGS: coughing, wheezing, tightness, difficult breathing, frequent infections

SKIN: itching, redness, bruising, swelling, hives, rash, coldness

DIGESTIVE SYSTEM: cramps, bloating, gas, diarrhea, constipation, irritation, food cravings, weight loss or gain

URINARY/SEXUAL SYSTEM: cramps, infections, itching, burning, urinary urgency or frequency

MUSCLE/BONES/JOINTS: stiffness, aches, pain, weakness, swelling, muscle cramps

BRAIN/NERVOUS SYSTEM: headaches, extreme tiredness, dizziness, drowsiness, weakness, mood swings, confusion, depression, hyperactivity, poor concentration, loss of coordination, "spaced-out" feeling, panic, "foggy" thinking, irritability, anxiety, light-headedness

AEHA does not offer medical advice

AEHA©

ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

LEARN MORE ABOUT:

- **Allergies**
- **Sensitivities**
- **Asthma**

CONTACT AEHA TODAY

from coast to coast

1-800-695-9271

P.O. Box 871,
Cambridge, Ontario, Canada N1R 5X9

What is Environmental Sensitivity?

Environmental sensitivity is a health condition that can occur in individuals who become unable to tolerate contact with common things in their everyday surroundings or environment.

Some possible causes are:

- Harmful substances in air, water, food, personal and home care products, fabrics, home furnishings, school/office equipment and supplies, and building materials;
- Natural things such as grass, trees, plants, pollens, dust, molds and foods;
- Synthetic and natural chemicals found in the home, school, workplace, farm or industry.

* * *

Symptoms can range from mild to severe enough for an individual to become disabled or to have long-term health problems.
Symptoms can develop suddenly, or slowly over time.

Environmental sensitivity can develop in individuals of all ages who may or may not have a past history of allergies.

How Can the Allergy & Environmental Health Association Help?

AEHA is a national, registered charitable organization, operated by volunteers.

Together we strive to:

- promote awareness among individuals, communities, schools, corporations and governments of environmental conditions that may be harmful to human health
- find less-contaminated sources of food, water, clothing, personal and home care products, home furnishings and building materials
- bring individuals together for mutual support and education.
- provide the AEHA QUARTERLY, and other resources, to keep you up to date with:

  * current information on allergy, environmental sensitivity, and related health issues.
  * environmental concerns
  * product information
  * tips and ideas for healthier living
  * association activity

Distributed by:

Cut along this line, and mail today.

We Invite You To Join Us

Membership in the Allergy and Environmental Health Association enables the association to serve you. and to reach out to others. A subscription to the AEHA QUARTERLY is included.

Membership List is Confidential.

Please Print:

Date: _____

Name: _____

Address: _____

City/Prov. _____

Country: _____ Postal Code: _____

Telephone: (_____)_____

New ( ) Renewal ( )

Annual Membership Fee: $ 25.00

Donation: $_____

Total Amount Enclosed: $_____

Thank you

Please Make Cheque or Money Order Payable to:

Allergy and Environmental Health Association
P.O. Box 871
Cambridge, Ontario, Canada
N1R 5X9

Canadian Registered Charity No: 0524496-11-14